

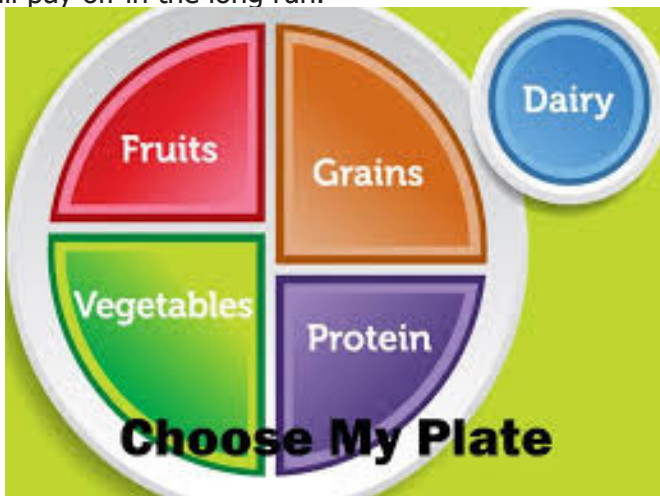
**EAT WELL TO
 LIVE LONGER!**



BY LISA BLAND-SELIX, EDITOR

March is National Nutrition Month. There is no time like the present to check your diet and make sure you are getting the daily nutrients your body needs to thrive. According to the National Council on Aging there are 6 main guidelines to insure better eating habits for a healthy body.

1. Know what a healthy plate looks like. Go to choosemyplate.gov for more details. See the illustration below.
 2. Look for important nutrients. Be sure you are getting enough protein, fruits and vegetables, whole grains, low-fat dairy and Vitamin D.
 3. Become an expert at reading nutrition labels and be a smart shopper! Find items lower in fat, added sugars and sodium. Watch for the nutrition per serving and the number of portions in a container.
 4. Use recommended servings. Learn the recommended daily servings for adults at heart.org
 5. Stay hydrated. This is one of the most important. Water is one of the most important nutrients. Drink consistently through the day to avoid dehydration.
 6. Stretch your food budget. Try to get the most for your food dollar by shopping sales, using coupons and taking advantage of discount days.
- Eating well doesn't have to be hard. Some days you may not follow all of the guidelines but consistency over time will pay off in the long run.



It's time for the... Ready to Retire... A Fair

Saturday, March 10, 2018
 9am-1pm
 Gantz Center NOC Campus
 2402 E. Maine, Enid, OK

• Door Prizes • Speakers • Refreshments • Free

Presented by

OKLAHOMA HEALTHY AGING INITIATIVE
 Long Term Care Authority, Enid Area
 Agency on Aging

Senior Life Network

Oklahoma Treasures
 May 17, 2018

Tour # 18-0517
 Price: \$129.00 pp

Includes:
 Transportation
 All entrance fees
 Dinner
 Full amount due with reservations.

Reservations due on/or before **April 10, 2018.**
 For reservations and/or information contact:

Lisa Bland-Selix
 SLN Director
 580-234-6060

Make checks payable to: Senior Life Network and submit to 4125 W Garrison Ste. A-1 Enid, OK 73703

Cancellation protection available for an additional amount of \$6.45 pp.

We will be touring some true Oklahoma Treasures with our first stop at Woolaroc Museum in Bartlesville, with lunch on our own. Next we will tour the Pioneer Woman Museum and Pioneer Woman Monument in Ponca City. Our final stop before heading back to Enid will be at the palatial Marland Mansion and Estate. Following the tour, enjoy a catered dinner on the mansion grounds. Early evening return to Enid.

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

**BLOOD PRESSURE/SUGAR/CHOLESTEROL>(*QTRLY)
MAR. 6th- 8:30 - 9:30am, FREE**

This monthly screening is USUALLY held on the first Tuesday (EXCEPT FOR HOLIDAYS) First come, first served, no registration required. For an accurate blood sugar reading, please fast the morning of the screening. **PLEASE USE OUR MAIN ENTRANCE (South side of the mall)** This service provided by INTEGRIS HOME HEALTH ENID

***HEARING SCREENING/HEARING AID CHECKS--
MAR. 15TH-10AM-NOON**
BY APPT ONLY. PLEASE CALL TO SCHEDULE

EDUCATION & FUN

***HEALTHY HOMES/FIRE SAFETY- MAR. 13TH-1:30PM-**

Lesa Rauh from OSU Ext. will give some tips on how to stay safe and prevent fire mishaps

***CAREGIVING 101-Mar. 20TH--1:30PM--** Lesa Rauh will share important tips for caregivers to care for themselves

COFFEETIME W/SLN AT FIVE80--WED.MAR. 21st--8:30AM --

Be social with us for coffee at FIVE80 COFFEE-HOUSE, 122 E. RANDOLPH
***PATIENT NAVIGATOR --MAR. 21ST-2PM** Learn how this can help you schedule appts., tests etc.

***CRAFTERNOON MAR. 28TH-3-5PM** bring your favorite craft and work on it with us

***AARP SAFE DRIVING--Thurs., March 29th-9am-3pm- see back page**

WEEKLY EXERCISE

GROUP EXERCISE CLASSES

Monday - Friday, \$3.00/class
Classes for all levels and abilities, no registration required. See the exercise class schedule on pg. 3. Instructor is Deb Sexton. Yoga Sat & Wed. Instructor is Robin Parrish

TAI CHI CLASSES

**Tues/Thurs 9:40 AM-10:30
NEW! WED. EVE.YOGA--5:45 PM
SAT.YOGA W/ROBIN-9:30AM**

MALL WALKING

Monday - Friday

2 laps around the mall--1.3 miles! Three laps -1.95 miles! Members may Hang up your coat and safely store your keys or purse at Senior Life while you walk in Oakwood Mall (during SLN hours)

VOLUNTEER

NEWSLETTER ASSEMBLY

MAR. 27TH, 10:40am Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

Senior Life Coffee Club

Join us for coffee & conversation at Five80 Coffee House, 122 E. Randolph, Enid, Ok
Wednesday, March 21st at 8:30AM

INTEGRIS

Community Wellness



FREE FITCLUB IS STILL GOING!

Tues. & Thurs.

5:45-6:30 pm

Champion Park Gymnasium

700 N. 10th Street

Enid, OK

ATTN:TULIP TIME TRIP

Saturday, April 14th

All money must be paid by March 9th. We can take cash, checks or credit card payments (CC payments will go directly through Kaleo Tours)

Seats are going fast!

Call 580-234-6060

for more information!



**AARP INCOME TAX PREP
AT OAKWOOD MALL
IN FORMER FAMOUS FOOTWEAR LOCATION**

Tues. 4-8pm
Wed. 10am-2pm
Friday 10am-2pm
(Tax prep by AARP volunteers-no affiliation with Senior Life Network)

INTEGRIS

What is a Patient Navigator?

Wednesday,

March 21st

2pm

SLN Community Room

Learn how this service can provide personal guidance as you move through the health care system.

Call 580-234-6060

to reserve your spot!

Inter. Yoga
Saturdays 9:30am
w/Robin

MARCH 2018

*Please call Senior-
Life at 234-6060 to
register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>M-Th 8:00-5:00pm F 8:00-4:00pm</p> <p>Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS)</p>	<p>REMINDER ABOUT BAD WEATHER-- IF Enid Public Schools close DUE TO WEATHER, Senior Life will close. We are here on other days where school might be out unless it is a major holiday!</p>		<p>Yoga Level 2 1 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>Bench Step Aerobics 2 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 5 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>Yoga Level 2 6 8:30-9:30 Tai Chi 9:40-10:30 Health Screen- ings-8:30-9:30am Cholesterol</p> <p>FOSTER GRANDPAR- ENTS Meets HERE</p>	<p>Bench Step Aerobics 7 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>DEEP-wk5 Beg.Yoga -5:45pm-</p>	<p>Yoga Level 2 8 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLI- ANCE (COM. MTG) NOON</p>	<p>Bench Step Aerobics 9 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 12 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30</p>	<p>Yoga Level 2 13 8:30-9:30 Tai Chi 9:40-10:30 * Healthy Homes- Fire Safety- -1:30PM</p>	<p>Bench Step Aerobics 14 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>DEEP-wk6 Beg.Yoga -5:45pm-</p>	<p>Yoga Level 2 15 8:30-9:30 Tai Chi 9:40-10:30 Hearing Screenings 10am-noon</p>	<p>Bench Step Aerobics 16 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 19 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>Yoga Level 2 20 8:30-9:30 Tai Chi 9:40-10:30 * Caregiving 101- 1:30PM</p>	<p>Bench Step Aerobics 21 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30 Coffee at 580-8:30am * Patient Nav--2pm</p> <p>Beg. Yoga -5:45pm-</p>	<p>Yoga Level 2 22 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>Bench Step Aerobics 23 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 26 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>Yoga Level 2 27 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEERS NEWSLETTER PREP-- 10:40AM</p>	<p>Bench Step Aerobics 28 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30 * Crafternoon-3-5</p>	<p>Yoga Level 2 29 8:30-9:30 Tai Chi 9:40-10:30 * AARP SAFE DRIVING--9AM- 3PM</p>	<p>Bench Step Aerobics 30 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>

*RSVP required. Please call Senior Life Network at 234-6060. See Page 2 of the newsletter for detailed description of all classes and events. Activities are held in the Community Room unless otherwise specified. Please be aware you will have to use our outside entrance (door labeled Senior Life Network A#1) for evening or weekend activities. **Please note that the schedule may change due to unforeseen circumstances. RACG--Room across from Chen Garden--Oakwood Mall Center Court--FOR DEEP(DIABETES ED) AND TOOLS CLASSES PLEASE REGISTER W/NUMBER LISTED**

SENIOR LIFE

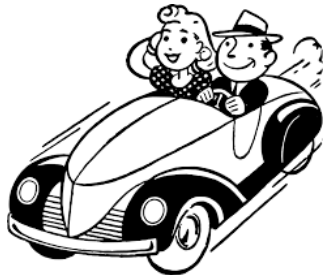
4125 W. Owen K. Garriott, Suite A-1
Enid, OK 73703

Return Service Requested

This publication is educational and not meant to replace medical advice.



facebook.com/
SeniorLifeNetwork



*AARP SAFE DRIVING COURSE

\$15/AARP members-\$20/non-members

Thursday, March 29th -9 am- 3pm

Space A-2 next door to SLN, Oakwood Mall

Designed for drivers age 50+, led by a trained volunteer with workbooks /video. No written test, and no driving. Many insurance companies give discounts for taking class. Ask your insurance agent before signing up. Bring your driver's license and AARP card with you.

Call 580-234-6060 to register

Senior Life newsletter is a community service of INTEGRIS Bass Baptist Health Center and the NORTHWEST OKLAHOMA OSTEOPATHIC FOUNDATION
We are located at Oakwood Mall
4125 W. Owen K. Garriott, Suite A-1
Enid, OK 73703 • 580-234-6060
seniorlife.enidok@gmail.com

Lisa Bland-Selix

Editor and Prog. Coordinator

Anita Luetkemeyer

Exec. Director, NW/OOF

Deb Sexton

Certified Fitness Instructor

SINCE 1987, SENIOR LIFE HAS BEEN PROMOTING HEALTHY AGING SOLUTIONS TO ENID AND NW OKLAHOMA!

www.seniorlifeok.org

Be happy, be social, be fit!